

Mayiek savors life on the run

Kenyan helping USC contend for cross-country title

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Fredson Mayiek used to run to go to school. Now, he goes to school to run. The distinction is palpable for the Kenyan country boy-turned-USC cross country runner.

"There are many things I enjoy here," said Mayiek, the leading runner on a Trojans team that will compete at the Stanford Invitational on Saturday and is expected to give favored Arizona a run for the Pac-10 title. Among his favorites:

► **Cheerful people.** "When you walk on campus here everyone you see is smiling," he said.

► **Bountiful athletic facilities.** "I am sometimes amazed," said Mayiek, whose training facilities back home consisted entirely of the dirt roads leading from his home to school.

"That's how I got started running," said Mayiek, who's working toward a degree in economics. "It was a five- or six-mile trip and that was the only way for me to get there."

► **College football games,** particularly the sideline entertainment. "I really enjoy the song girls when they're performing," he said. "They're always smiling."

So is Mayiek, though he acknowledged that there are some things about his adopted homeland that make him frown:

► **Smog.** "The air pollution is too much," he said. "Every morning when I go to run I feel my chest pounding. I can't say I've adjusted to it."

► **Concrete pavement.** "At home, I used to run in hills a lot. I had never run on concrete at all until I came here," said Mayiek, who has been bothered by leg injuries since his arrival in L.A. "I think that's why I've been sustaining injuries most of my time here."

► **Fast food.** "My first food that I ate here was a hamburger. I thought it was very strange," Mayiek said. "I didn't know how to hold it. All that stuff they put into it kept falling out. My teammates had to show me how to eat it. I felt rather embarrassed."

Mayiek dropped precious pounds from his 5-10, 126-pound frame before discovering a store in L.A. that carries the ground corn flour needed to make his native ugali, which he described as "a kind of stew."

His appetite thus revived May.



College Notebook
Karen Crouse

Invitational, which annually draws a standout field.

As a sophomore, Mayiek set a school record in the 10,000 meters. Last year, he was the lone Trojan to qualify for the NCAA Cross Country Championships in Des Moines, Iowa, where he succumbed to the sub-freezing temperatures, finishing well back in the pack.

"The weather was horrible for me," Mayiek said. "I was so cold, I couldn't even put on my sweats."

Recently, the soft-spoken 23-year-old was warmed by his seventh-place finish — tops among USC runners — at the Aztec Invitational. The Trojans finished third in the competition behind Arizona and New Mexico, both of which also will compete at Stanford along with UCLA, UC Irvine, Marquette, Arkansas and others.

"I feel I have done some new things that have been good to me here," said Mayiek, who came to USC on the advice of his coach back home in Bungoma, a rural city in western Kenya, near the Uganda border.

Still, things could be even better. As Mayiek explained, "You don't feel quite happy when you are at NCAAAs and you see other teams having more than two representatives and you are all by yourself. We shall, I think, change that this year."

NEWS TO NOTE — The second-ranked UCLA women's volleyball team will host No. 6 Stanford tomorrow night at 7. UCLA (9-1, 4-0) is led by U.S. national team members **Daiva Tomkus**, **Elaine Youngs** and **Natalie Williams**. The Cardinal (8-3, 4-1) will be looking for a big game from freshman **Bav Oden**, formerly of Irvine High ... Tomkus became UCLA's all-time leader in block assists over the weekend. She had 14 in UCLA wins over Washington and Washington State to reach 380, eight more than the old record-holder.

soccer team played visiting Santa Clara (No. 4) to a 1-1 tie on Sunday. **Mike Lapper** scored the lone goal for UCLA (9-0-1) in the second half...

UCLA sophomore **Jean Zedlitz** carded rounds of 71-74-75 to win individual honors at the Oregon Golf Invitational last week and propel the Bruins to a second-place finish behind San Jose State. USC senior **Tracy Nakamura** finished fourth, six shots off the pace, to lead the Trojans to a fourth-place showing ... **Todd Eckenrode**, **Derek Gleichrist** and **Justin Hicks** tied for 10th to lead the UC Santa Barbara men's golf team to a third-place finish at the New Mexico State Classic...

Despite a strong showing by sophomore **Matt Tonkavich**, the USC water polo team fell to top-ranked Cal, 14-7, on Friday. Tonkavich, who started his Trojans career as a reserve on the junior varsity team in 1988, scored two goals against the Bears to up his season total to a team-high 14...

Loyola Marymount freshman **Raquel Glenn** appeared in just one game in the Lions' match against third-ranked Cal State Long Beach, but she made her presence felt, recording five kills in seven attempts with no errors. The Lions fell to the 49ers in three games, but then rebounded to defeat the San Francisco, Santa Clara, and St. Mary's to move atop the West Coast Athletic Conference league standings with a 3-0 mark. LMU junior **Kerry House** of Westchester was named the WCAC Player of the Week...

Cal Poly Pomona freshman **Allie Burns** recorded eight service aces in a three-game victory over Biola to establish a school record. The previous mark was six ... UC Irvine senior **Carrie Janisch** has become the Anteaters' career dig leader with 737...

The UC Santa Barbara women's soccer team is off to its best start ever at 9-0. The Gauchos, ranked third nationally, have outscored their opponents 24-2...

Byron Black, a junior on the USC men's tennis team, won the Bay Point Men's Collegiate Championship last weekend. Black, the No. 9 seed, defeated **Ellis Ferreira** of Alabama, 6-4, 6-2, in the final ... UCLA junior **Jessica Emmons** is No. 2 in the preseason NCAA Division I tennis singles rankings behind **Sandra Birch** of Stanford. The Bruins doubles team of **Mamie Ceniza** and **Stella Sampras** is ranked third...

Laurie Schuster, a senior on the Occidental cross country team, paced the Tigers in their season-opening triple dual victory against the University of Redlands and Cal Poly Pomona. Schuster, the low finisher at the dual meet, also placed 13th overall at the UC Riverside Invitational to help the Tigers to a first-place finish in their division and a

A MILITARY COUP AS A CAUSE OF TRANSITION IN MY LIFE

Sunday, August 1, 1982 is a day I will always remember throughout my life in history. That day was when hundreds of thousands of innocent people died with a lot more seriously injured as a result of a foiled coup plot by a small group of Kenyan Airforce rebels. Among those killed were some of my close relatives and friends. The death toll was so alarming that many people including my elder sister abandoned their homes and went to seek refuge in the neighboring countries, Tanzania and Uganda.

I was in my last year in Senior high school preparing for the finals which were due in two months when the tragic event occurred. Although the school had closed for the last holidays of the year, the same as summer vacation in the United States and elsewhere, the graduating students of which I was a member, decided to stay around for one week and clear up final graduation requirements. On Friday, the last day of our classes, I said goodbye to most of the classmates who were now going home in the country side for holidays, not knowing that some of them would be killed in the attempted coup and I would not be able to see them again. I did not leave for home immediately because I was to compete in a track meet on Sunday.

When I woke up Sunday morning at 5.00 a.m. as usual to go for my regular work-outs, my body

was cold and I didn't know why. What startled me even more was the radio which was playing music. I thought that was very strange because radio stations did not come on the air till 6.00 a.m. Well, that did not bother me much ^{for} I thought that my watch had fallen behind the standard time. I turned off the radio and ~~to~~ went out to run. The running wasn't smooth and I did not feel comfortable on it either. Since I was to compete later in the day, I decided to walk back to my hostel and rest, little did I know that there wasn't going to be any track meet and I would not be able to compete for the rest of the season.

I was very eager to find out what time it actually was upon returning to the hostel. So, I turned on the radio and listened. There was hot and continuous music which was interrupted from time to time by a broadcaster. I just waited for a ~~the~~ short while still wondering what the music was all about very early in the morning like that. ~~I knew~~ However, I thought that there was some kind of ^{government} ceremony being celebrated somewhere. After about 3-5 minutes, the station broadcaster came on stage and announced that, "the Government is now in the hands of our military (army). All the police ~~are~~ to cease as officers, ~~immediately~~ all political detainees ~~to be released~~ and ~~and~~ other prisoners to be released

immediately and everyone to ~~keep~~ be within his or her home and keep away from cities."

I had a very awkward feeling and I wanted to wake up the other ^{people} in the hostel, to inform them of the military take over. But I wasn't sure the radio was correct so I refrained from telling ~~the~~ them the news. A few minutes later ~~the~~ hostel cook informed me and the others that ~~a~~ the military had taken over the government and then he went ahead to prepare breakfast, ~~but~~ but no one had an appetite for it.

It was at that time that I realized that the track ~~meet~~ meet I was to attend would be cancelled. I also realized that the picnic my girlfriend and I were to have afterwards would be postponed. I was very upset the meet had been cancelled because I had trained very hard and for long hours of preparation. I was also hurt because I knew my girlfriend had organized the picnic and had been looking forward to it for a long time.

Despite the warnings about going close to the cities, my girlfriend and I ventured towards the city to buy some thread for her. On the way we saw people running at terrific speeds to get out of the city. We did not wait to ask what was amiss, we could only envision the evil coming toward us, so we immediately returned to the hostel along a foot path. I feared this evil very much because I realized our lives were threatened.

We made it back to the hostel, and again I turned on the radio, when to my relief the broadcaster announced the rebels ~~were~~ had been overpowered and the government was back in control of the country. I was very delighted ~~to~~ to hear the government was in control of the country. I was so delighted I wanted to celebrate, but I was not sure it was safe to go into the city since all the turmoil had just happened.

Although this take over lasted only six hours, hundreds of thousands of people were killed including my step-brother and cousin. The loss of these family members left me with an empty feeling. The impact of these close relatives is still with me as their images are constantly appearing in my mind.

Travel had ^{also} become very inconvenient and it was difficult for me to get a ride home. I had to pay double the normal fare. This didn't bother me at all because I couldn't compare money with my life.

On ~~arrival~~ arriving home, I only found my parents, who were preparing to go to school ^{and} look for their son who had not ~~come~~ gone ~~returned~~ home for holidays. ~~There I was at~~ To ~~home at last~~ their relief of the mixed feelings they were having about my whereabouts there I was at home at last! They told me that all people including my brothers, sister

and neighbors fled into the woods and the neighboring countries.

After about one week, they all returned from the woods except for my elder sister who disappeared to Tanzania and eventually got married there. From then she has not gone home for fear ^{that} similar situation might occur again. For four years now I have not seen and ~~since~~ because she was a very close member of the family to me, I have always had terrible feelings and dreams about her. I sometimes think that she is no longer living and that makes me like crying.

My stay at home for the next three weeks was full of sorrow and bitterness. ~~And~~ I ~~of~~ was alone all the time because most of my friends were still in hiding and some had been killed. Worse than that, my girlfriend was tortured while on her way to visiting me. Travelling of women and girls had become very risk because most of them were either raped or had their belongings including money confiscated by ~~soldiers~~ malicious soldiers. That was what my girlfriend faced. ~~When~~ She was in a bad shape when she reached home and so was admitted into the hospital, where ~~there~~ she stayed for at least one month. And even after a hospitalization, her health progressively deteriorated. I was informed about her death immediately I finished writing my last paper by the school's secretary, who had received the news one week before the end of my finals and didn't want to shock me with it ~~in the~~

~~middle of~~ while the exams were still going on. I don't ~~know~~ ^{remember} exactly how I went home because I just collapsed in the Secretary's office ~~the moment~~ she revealed the sad news to me. ~~At~~ The first thought that came to my mind was to follow her into the heavenly world, just like one ~~Kenyan~~ Kenyan-Indian who hanged himself when his daughter was raped in front of him. It was my father who told me ~~how~~ afterwards how I was driven home in the school's van. I couldn't believe that I was at home. I thought I was just dreaming. Since then, I have always had clammy feelings about that tragedy that deprived me of my girlfriend. Dreams ~~come~~ ~~to~~ about her and the incident have become part of my daily life.

At the end of my vacation, I went back to school ~~to~~ hoping to start the ~~past~~ ~~activities~~ new term freshly and possibly forget the past activities. My hopes did not turn real! Two of my friends at school had been killed and the school's headmaster was in critical condition in hospital, but passed away shortly afterwards. I was ~~totally~~ totally confused and had terrible feelings about all the losses. ~~Everything~~ I thought everything was against me.

The University of Nairobi that I was very anxious to join after my senior high school graduation became a distant issue

in my mind. Several Students, ^{there} including my cousin had been mercilessly murdered because of an allegation that they ^{were} part and parcel of the attempted overthrowal. I didn't want to go there ~~any there~~ and face the same penalty, and most important, ^{it was} the place where my cousin was murdered. The thought of my cousin drove my mind wild with awe.

Although the tragic event, the military plot to overthrow the ~~govern~~ civilian government took place about five years ago, acute memories still pervade ~~my~~ my mind. That ~~that~~ morning ~~to~~ I felt cold and the day hundreds of thousands of people were killed in cold blood, cannot leave my mind. That day ~~that~~ ~~the~~ turmoil that led to changes ~~of~~ ⁱⁿ my feelings cannot be forgotten easily. How can I forget easily about the deaths of my girlfriend, cousin, step-brother and many other friends. ~~Memories~~ Memories of their ~~images~~ images ~~at~~ ~~always~~ ~~appear~~ ~~to~~ ~~me~~ ~~as~~ ~~fresh~~ ~~as~~ ~~ever~~ are always as fresh in my ~~as~~ ~~at~~ ~~the~~ ~~be~~ mind as before. My face ~~of~~ always gets wet with tears whenever such memories about them flock into my mind.